40 Days Fruit Feast Field Guide

The Guidelines...

• 3+ full days of consuming only raw or very lightly cooked fruits.
• No caffeine, no supplements, no powders.
• Drink lots of water and/or herbal teas.
• Spend time preparing meals rather than just eating whole fruits on the go.
• Eat throughout the day to ensure you stay satisfied and satiated.
• Don’t count calories and NEVER GO HUNGRY!

Why Fruit?

Whole fresh fruits are loaded with vitamins, minerals and enzymes. Fructose, the sugar in fruits, is broken down and absorbed more slowly by your body than refined sugars. The soluble and insoluble fibers found in whole fruits slow the absorption of fructose even more, preventing the sugar “highs” and “crashes” that are synonymous with eating processed sugars and starches. Fruit is more easily processed by your body than denser fats and proteins, which takes much of the burden out of digestion. This creates an environment for your body and gut to heal and detoxify.

Getting Ready to start your Fruit Feast...

Several days before you intend to start your Fruit Feast begin to introduce clean foods such as broths, steamed vegetables, raw food, whole fruits, etc. Begin to eliminate red meat, chicken, fish, dairy, sugar, alcohol and wheat. Above all, avoid having a “last supper” and binging on “bad” foods. This will put a much higher workload on the body during the beginning of the cleanse and usually results in more intense detoxification symptoms.

Commit to The Guidelines for 3 days. Just 3 days. Don’t sabotage your success by giving into cravings. It’s only 3 days. Shift the way you look at the foods you’re missing. Bring awareness to what may be triggering these cravings. Make the decision to choose fresh, nutrient dense, whole foods that build Optimal Health. Commit to these 3 days and see where the journey takes you.

SHIFT food CHOICES from a place of RESTRICTION: “I want that, but I can’t have it” to CHOICE: “I can have that, but I don’t want it.” This can be very powerful. Why is it a hardship to give up foods that don’t make you feel good? Ask that question often and try to find an honest answer.

If you have any health concerns that may be aggravated by the Fruit Feast, such as low blood pressure or diabetes, please consult your doctor before making any drastic change to your diet...
this is available to practically everyone when low sugar options are abundant and blood sugar is closely monitored where necessary.
**Day of Rest & Detox Symptoms**

Consider taking a rest day on day two of the Fruit Feast. This is the day your body will most likely begin adjusting to the change; when your body is going to start doing the work. “Detox Symptoms” can show up such as nausea, dizziness, headaches, fatigue, body aches and irritability. Not everyone experiences these symptoms and those that do have them at varying degrees of intensity.

During your Fruit Feast, toxins stored in bodily tissues finally have an opportunity to be flushed out. During their travels through your lymphatic and circulatory system, en route to be released in your waste, these old toxins can temporarily increase inflammation and that general sense of dis-ease. These symptoms signal that your body is doing the work and should be not be cause to end the Feast. **You are not “coming down with something,” you are getting rid of something...** The foods eaten during these 3 days are loaded with vitamins, minerals and phytonutrients. Keep eating abundantly. Take rest and allow your body to begin its healing process.

**Hunger vs. Cravings**

While on your cleanse try to detect the difference between hunger and cravings. Food cravings are often more attached to emotions than actual physical hunger. No one ever “needs” a piece of chocolate cake or some cookies. When your body is truly hungry, you do need food to sustain it. Fat, sugar and salt cravings will subside during the Fruit Feast, making the fruit diet more manageable – even enjoyable – as the physical benefits become more evident. Snack a lot throughout the day so that you **NEVER GO HUNGRY.** For some it is second nature to obsessively count calories or calculate macronutrients. During the Fruit Fast give up calorie counting! If you **EVER** feel hungry, lightheaded, foggy, weak, irritable, or worst ready to give up from “I can’t,” then **EAT!** Aim to consume mostly low sugar, fresh, vibrant fruits and be a YES for eating ABUNDANTLY! What you will likely realize is that whole foods fill you up and leave you satisfied much more than processed, sugar laden options.

**Coming off the Fruit Feast...**

Many people feel lit up by day 3 of the Fruit Feast. Some people take longer to get past the initial detox symptoms and general fog. Some people don’t feel much of anything. If you feel like continuing past the third day, don’t be afraid to continue for 5 or even 7 days. This is not intended to be an ongoing diet; but up to a week can be truly life changing. The benefits may become more evident the longer your body has for a reset. This is your choice; if you’re feeling vibrant and energized, then go for it! If you make it to three days and feel complete, AMAZING! Success and failure are what you make of them; follow through with the commitment made to yourself and your health. AND, go with the flow if more seems right.
Like leading in, you need to ease your way out of the Fruit Feast. Gorging on meat, wheat, dairy and sugar for your first meal back will only cause severe digestive distress and all but nullify the benefits you received over the previous 3 days. Pizza and cheeseburgers are the WORST choice; bread, processed meat, cheese and sugars all in one gut punch. Begin slowly adding back the foods you have been eating all along, in moderation, one by one. Listen to what your body is telling you when you start to reintroduce foods. No food is inherently “good” or “bad” but start to be more honest about how certain foods make you feel; both physically and emotionally. Eat simply, with full consciousness.

The space created after the Fruit Feast is where the real magic happens. Get clear on what areas of your regular diet are leading to Optimal Health and which are not. You be the scientist. Experiment on yourself. If during your Fruit Feast you feel more energized, your skin looks better, your digestion improves, you sleep better, your arthritis loosens it grip, and your mood lifts; don’t glaze over that. If you add in some cheese and your skin breaks out and joints start to hurt, acknowledge that. If you eat bread and your digestion acts up again, don’t act like it’s a mystery. Food affects your mood. The health of your gut and the food you put into it plays a key role in how your brain functions and deals with stress. Drop those ingrained habits and choose to eat for Optimal Health.

**Fruit vs. Veggie?**

Fruits, biologically speaking, are “the vessels flowering plants use to spread their seeds.” Vegetables are “the roots, stems, leaves, or flowers of a plant.” Simply put, the presence of seeds, in most cases, indicates something is a fruit.

From a culinary standpoint fruits are generally sweet; many savory “vegetables” are actually fruits. Vegetables are highly nutritious and should be a part of your regular diet. During the cleanse, you are trying to lighten the load on your digestive system. Being the roots, leaves, and stems of plants; vegetables tend to be much higher in insoluble fiber. This can cause some digestive distress and is why they are avoided during the Fruit Feast.

For the Fruit Feast, only consume fruits that can be eaten raw or very lightly cooked. *Some fruits (or their seeds) in disguise include:*

- Tomatoes
- Avocados
- Sweet & Hot Peppers
- Cucumber
- Zucchini (try them raw!)
- Sugar Snap Peas
- Soy Beans (miso paste)

- Coconut
- Almonds
- Hemp Hearts
- Pumpkin Seeds
- Chia seeds
High Sugar vs. Low Sugar Options

Which fruits you choose to consume make a difference. If you eat nothing but bananas, mangoes, pineapples, melons and dried dates; you’ll likely spend 3 days on a blood sugar roller coaster. Irritable, lethargic, foggy, weak and feeling bleak… Very different experience from 3 days of zucchinis, cucumbers, citrus, avocados, snap peas, green apples and raw seeds. These foods contain much less sugar and a little more fiber, which makes all the difference in regulating blood sugar and keeping you energized and invested.

You can still eat all those delicious sweet fruits! Remember, don’t count calories and never go hungry. Challenge yourself to see how many bananas you can eat in one sitting. It’s surprising how much more quickly whole foods fill you up! Enjoy all your favorite sweet and tropical fruits during the Fruit Feast, just treat them like dessert. Not the foundation of every meal.

Raw or Cooked?

Cooking any raw food deactivates enzymes and destroys some of the phytonutrients. During your Fruit Feast, eat mostly raw or very lightly cooked fruits to maximize their full detoxifying potential. Enzymes in raw foods can aid in their digestion and the bioavailability of some nutrients.

Some people may have issues digesting certain vegetables raw; if so, try lightly cooking them! Especially if you are doing the Fruit Feast during the winter months; don’t feel bad about warming some of savory options over medium-low heat. You can warm the food to make it more appetizing; no sizzle though… think just above body temperature.

Eat Fruit at its Prime!

Most of the produce sold in grocery stores is generally under-ripe. It’s very important to consume fruit at its peak ripeness to optimize both taste and nutrient bioavailability. Under-ripe fruit can be very hard to digest resulting in bloating and gas. Your bananas should be deep yellow with a few brown spots on them… not green and starchy!

Plan ahead! Do your shopping several days before you begin to ensure your fruits are ripe and ready to eat. Be aware that most fruits don’t ripen in the fridge, keep them at room temperature. Placing certain fruits in a brown paper bag some bananas will also accelerate the ripening process. This trick works for fruits like peaches, pears, avocados and tomatoes. Once a fruit is at optimal ripeness, store it in the fridge to slow down further ripening.

Not sure how to tell if a certain fruit is ripe? Google it! Some you need to smell, some you gently press, some require only visual cues... Look it up, all the answers are at your fingertips!
**Organic vs. Non-Organic?**

Organic foods are better for your overall health as well as the health of the environment. For foods to have Organic certification, they must be grown without chemical fertilizers or toxic pesticides which is verified by a third party. Studies have also shown that some organic foods have higher levels of nutrients than their non-organic counterparts. In most cases, organic fruits just plain taste better too! If you can buy local or from a farmer’s market; ask the farmer if they use pesticide. Many small farms use very little or no pesticide, but to be “certified organic” they must pay a huge cost for third party certification. Buy local with low pesticide over organic from the other side of the globe.

That having been said, certain fruits contain much higher pesticide loads than others. It is especially important to avoid excessive pesticide consumption during the Fruit Feast. When shopping for your Fruit Feast budget to buy as much organic or locally grown produce as possible. Good to note that allot of greenhouse grown produce, while grown with fertilizer, will rarely be grown with any pesticides! The lists below from Global News indicates fruits with the highest and lowest pesticide loads:

<table>
<thead>
<tr>
<th>DIRTY DOZEN (buy organic whenever possible)</th>
<th>CLEAN 15 (not as important to buy organic)</th>
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<tbody>
<tr>
<td>• Strawberries*</td>
<td>• Sweet corn</td>
</tr>
<tr>
<td>• Spinach</td>
<td>• Avocados*</td>
</tr>
<tr>
<td>• Nectarines*</td>
<td>• Pineapples*</td>
</tr>
<tr>
<td>• Apples*</td>
<td>• Cabbage</td>
</tr>
<tr>
<td>• Peaches*</td>
<td>• Onions</td>
</tr>
<tr>
<td>• Pears*</td>
<td>• Frozen sweet peas*</td>
</tr>
<tr>
<td>• Cherries*</td>
<td>• Papayas*</td>
</tr>
<tr>
<td>• Grapes*</td>
<td>• Asparagus</td>
</tr>
<tr>
<td>• Celery</td>
<td>• Mangoes*</td>
</tr>
<tr>
<td>• Tomatoes*</td>
<td>• Eggplant*</td>
</tr>
<tr>
<td>• Sweet bell peppers*</td>
<td>• Honeydew melon*</td>
</tr>
<tr>
<td>• Potatoes</td>
<td>• Kiwi*</td>
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<tr>
<td></td>
<td>• Cantaloupe*</td>
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<tr>
<td></td>
<td>• Cauliflower</td>
</tr>
<tr>
<td>*fruit</td>
<td>• Grapefruit*</td>
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</tbody>
</table>

*fruit
**Juicing or Smoothies?**

Juicing removes virtually all the insoluble fiber and, in some cases, many of the nutrients that concentrate in the skin; leaving the soluble fiber and sugars behind. The result is much faster absorption of fructose into the blood stream. Smoothies, on the other hand, contain both the soluble and insoluble fiber, as well as all the phytonutrients. This keeps you feeling full and energized for much longer.

If choosing to juice, pick fruits with lower sugar content such as green apples, cucumbers, and tart citrus like lemons and limes. Juices should be fresh and unpasteurized in all cases. Pasteurization destroys the beneficial enzymes and many of the phytonutrients found in fresh squeezed juices.

**Chew your food... even your smoothie!**

The human digestive system has evolved to start in the mouth. First, saliva contains various enzymes that start to break down sugars and starches while food is being chewed. Second, mechanical digestion from your teeth is of the utmost importance. There are no teeth in the stomach, and stomach acid can’t break down large pieces of food. When you swallow food without chewing, less of the nutrients are extracted and bloating/indigestion become much more likely. If you have trouble digesting raw produce, become more mindful of how you are chewing; if you are a “non-chewer,” this shift can have astounding results.

When consuming liquid foods such as smoothies or soups, it’s essential to allow time for them to mix with the saliva in your mouth before swallowing. Straws are even more dangerous; essentially a tube right down the back of your throat surpassing much of the tongue and any contact with saliva. If smoothies cause you to bloat, be more mindful about how you consume them. Take a sip, set if down, swish it around your mouth to savor the flavours, then swallow. Life changer!

An old saying goes “Chew your liquids and drink your solids;” this means allowing liquid foods the time in your mouth to mix with saliva before swallowing, and to chew solid foods until they are essentially a liquid.

**No caffeine, no supplement, no powders.**

It’s not to say any of these things are bad at all; but they do add a certain burden to your system. Caffeine needs to be metabolized by the liver. If the liver is breaking down and clearing out caffeine, other detoxifying jobs are put on the back burner until it’s out of your system. The same is true for supplements. Protein/Greens powders (even vegan ones) are a great addition to your regular diet and easy enough to digest, but are processed and don’t lighten the load on your gut. Leave them out, it’s only for a few days.
**What about my prescription drugs or supplements?**

Prescription medications should be taken as regular, unless recommended otherwise by your doctor. Be aware that if diet improves, prescriptions often shift or become unnecessary. Be in conversation with your doctor if you’ve made big changes and don’t feel like your medications fit any longer.

**What about PROTEIN?**

Proteins and fats are much harder to digest than simpler fruit sugars and fiber. As a culture, we are consuming far more protein than is necessary. Many studies have linked excess protein consumption to a long list of chronic diseases. The World Health Organization recommends only 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound. This amounts to: 56 grams per day for the average man and 46 grams for the average woman. Most people consume 2-3x this amount.

Your body will not waste muscle or become protein deficient in a few days. Giving your digestive system a break from dense cooked proteins allows it to focus on healing. That being considered, there is still protein present in many fruits and all nuts/seeds!

<table>
<thead>
<tr>
<th>Nuts &amp; Seeds</th>
<th>Protein (g)</th>
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<tbody>
<tr>
<td>¼ cup (60 mL) raw pumpkin seeds</td>
<td>16</td>
</tr>
<tr>
<td>¼ cup (60 mL) raw almonds</td>
<td>12</td>
</tr>
<tr>
<td>¼ cup (60 mL) raw hemp hearts (seeds)</td>
<td>12</td>
</tr>
<tr>
<td>¼ cup (60 mL) raw coconut</td>
<td>4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium pomegranate</td>
<td>4</td>
</tr>
<tr>
<td>1 small zucchini</td>
<td>3</td>
</tr>
<tr>
<td>1 cup (250 mL) blackberries</td>
<td>2</td>
</tr>
<tr>
<td>1 tbsp (15 mL) miso paste</td>
<td>2</td>
</tr>
<tr>
<td>1 medium avocado</td>
<td>2</td>
</tr>
<tr>
<td>1 cup (250 mL) raspberries</td>
<td>1.5</td>
</tr>
<tr>
<td>1 cup (250 mL) tomatoes (2 small)</td>
<td>1.5</td>
</tr>
<tr>
<td>1 nectarine</td>
<td>1.5</td>
</tr>
<tr>
<td>1 sweet pepper</td>
<td>1.5</td>
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<tr>
<td>½ large grapefruit</td>
<td>1</td>
</tr>
<tr>
<td>½ large mango</td>
<td>1</td>
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<tr>
<td>1 cup (250 mL) diced papaya</td>
<td>1</td>
</tr>
<tr>
<td>½ large cucumber</td>
<td>1</td>
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</tbody>
</table>
What about COFFEE?!?!?

The primary purpose of the Fruit Feast is to give your body a break from usual daily duties digesting the foods and drinks we ingest. Caffeine is a stimulant that needs to be metabolized by your liver. Ingesting caffeine results in more work for the body, ultimately lessening the benefits of the Fruit Feast.

Caffeine is a highly addictive substance and when consumed regularly our bodies depend on it for energy. There is so much power in committing to giving up something we feel dependent on. After the initial withdrawal symptoms, you will have renewed energy and vitality. To lessen the headaches and fatigue associated with caffeine withdrawals, gradually ease off coffee, tea or energy drinks leading up to your start day. The longer you take to ease off caffeine, the less likely you are to experience any negative side effects.

Have a plan before giving it up...

- 4-5+ days before aim to cut your coffee intake by half.
- 3 days before limit coffee intake to one small cup. Add 1-2 cups of green tea.
- 2 days before 1-3 cups of green tea. Add in hot lemon water.
- 1 day before 1-2 cups of decaf green tea. 1-2 cups hot lemon water.

The most common symptom of caffeine withdrawal is headaches. Try to push through and let the headache subside on its own rather than giving in and having caffeine. Drink lots of hot lemon water to stay hydrated! If the symptoms become unbearable, try having a cup of decaf green tea and taking a quick nap; it still contains trace amounts of caffeine but not enough to dramatically affect your detoxification. Do this only as a last resort.

* You can decaffeinate a regular tea bag yourself. Caffeine is water soluble; pour 1-2 tbsp of hot water over the tea bag, wait 15-20 seconds, then dump that water off. You just poured off 80%+ of the caffeine. Now steep the tea as usual and enjoy.

Drink LOTS of Water!

Aim to drink 1.5-2.5 Liters of water every day. Yes, you will likely go to the bathroom more often than usual... but you’ll be flushing out toxins the whole time! Most people are aware of the benefits associated with drinking plenty of water, but few people drink enough. This is especially important during the Fruit Feast to help the body remove waste and toxins. As your body dislodges and flushes out toxins, keeping yourself extra hydrated is essential.

Avoid consuming large quantities of water just before, during or just after a meal. This is another innocent mistake that can have a massive impact on digestion. Drinking lots of water while eating dilutes acids and enzymes in the stomach, making digestion more
difficult and less efficient. Imagine your stomach acid at its optimal pH, then you drink 500mL of water and dilute it considerably. This leaves your digestion lethargic, and make you much more prone to bloating and indigestion. You can sip liquids with your food, just be sure to consume larger quantities at least half an hour before or after a meal. It is next to impossible to consume “too much” water during your cleanse if you follow this rule.

**Hot Lemon Water** is extremely beneficial during the detoxification process; studies have shown it aids in digestion, balances pH levels in the body and helps flush out toxins from the liver. Simply add several thin slices of lemon to a mug and pour over boiling water. Be sure to thoroughly scrub the lemon first or use organic. Remove the lemon slices after 2-3 minutes for a less bitter taste. Squeeze in more lemon juice if desired. Make this to suit your own taste... a much longer steep with significantly increase the beneficial compounds extracted from the lemon, but it will also make it totally unpalatable to some people. If your teeth have acid sensitivity; drinking lemon water can aggravate this. Carry a bottle of fresh water with you and regularly rinse after drinking the lemon water to avoid sensitivity.

**To Salt or Not to Salt?**

Our bodies require a small amount of salt, about 500mg, every day for proper biological functions to take place. This is especially true when losing salt rapidly by sweating through a 60-minute hot yoga class! Every nerve synapse in the human body requires sodium to fire. That having been said, the average person consumes nearly double the daily-recommended intake of sodium. That’s over 4000mg! Start to bring awareness to salt intake during the Fruit Feast. Cutting back sodium is not only good for our overall health; it allows you to taste food more vibrantly.

Seasoning some of your food with a small amount of salt can be beneficial, but be sure to measure. Limit salt intake to a maximum of ¾ tsp (3 mL) daily. Miso paste is also allowed in moderation but is often very high in sodium. If you are consuming miso you don’t “need” to add any salt to your food.

**What the Heck is Miso?**

Miso is made from fermented soy beans and has a lightly sweet and salty taste. It contains all essential amino acids, making it a complete protein, and is a good source of probiotics and B-vitamins (especially B-12.) Look for an organic, unpasteurized, and/or low sodium variety if possible. Read the ingredients, some include rice which should be avoided. Real unpasteurized miso should be refrigerated, not shelf stable. White miso paste is most commonly used in making miso soup or broth, but any miso can be a delicious option. Darker miso paste is generally less sweet and more salty; think concentrated soy sauce flavour. Limit your consumption of miso paste to 2 tbsp (30 mL) daily as it can be very high in sodium.
**Miscellaneous Tips...**

- Make sure to leave the house well prepared! Bring a big bag of snacks and plenty of food to make it through any meals or cravings.
- Apple cider vinegar is just fermented raw organic apples. Feel free to use it in place of citrus juice when preparing recipes; or in any other way you usually incorporate it into your diet. Buy raw, organic, unpasteurized with the “mother”
- Eat melon on its own, well before or after a meal. Melon is very easily digested when consumed alone but can cause indigestion and bloating when mixed with other foods. *When it comes to melon, “Eat it alone or leave it alone”*
- Like things spicy? Black pepper is a berry and cayenne pepper just crushed hot chilies; both fruits! Sprinkle directly onto food. Try sprinkling cayenne on chilled fresh mango! Or make the mango hot sauce recipe below...
- While raw almonds, coconut, hemp hearts and pumpkin seeds are technically allowed during the Fruit Feast, try to limit their consumption to ¼-½ cup (60-125 mL) daily. These foods are very calorie dense and cause more strain on the digestive system than whole fresh fruits. If you feel you need more protein from physically exerting yourself on your mat... *eat more!*
- Coconut water is a good source of essential electrolytes and can be used *in moderation*. Especially good after a hot and sweaty yoga class! Also, an option to add to smoothies for added flavour and calories. Look for 100% coconut water, NOT from concentrate, with no flavours, juices or preservatives added.
- Set aside the time to be with your food. Don’t look at preparing your meals and snacks as a chore but rather a meditation. Enjoy the time spent washing, chopping and eating. *Chew your food thoroughly*, savouring the flavours in every bite.

**Enjoy the Process!**

Don’t go into the Fruit Feast feeling afraid, nervous or restricted. Get excited about the healing you will be providing yourself. Enjoy the fresh, healthy foods that are nourishing your body and soul. With some determination and preparation, you will succeed and feel proud and rejuvenated in doing so. Commit to your Optimal Health and there’s no limit to what is possible! Namaste. ☺
Some Recipe Ideas to Get You Started

Below are some simple recipes to support and inspire you. Eating whole, minimally processed fruits (apples, grapes, cucumbers, bananas, cherry tomatoes, etc) are one possibility that can work. If you want variety and savoury options, these recipes are for you! Follow them exactly or play and tailor to suit your own taste.

While herbs are not technically fruits, they are known to be very beneficial in detoxification and can be used in some recipes to boost flavour. Onions and garlic are especially difficult for many people to digest for many. Leave them out! Green onions are listed as optional in some recipes; they are the easiest to digest. If you can leave them out, great. If adding in a bunch of green onions over your Fruit Feast keeps you interested and invested; add the green onions!

Fruit Salads

Fruit Salads are a great way set yourself up for success! Make 2-3 different fruit salads on day 1 and they will last you for a couple different meals/snacks. Tossing chopped fruit with a bit of citrus juice will slow browning considerably. Add banana just before serving.

Get adventurous, buy new fruits you’ve never tried. Avoid adding melon to fruit salads... Keep the melon together for optimal digestion.

• Assorted oranges, grapefruit, tangerine, finely chopped lemon and/or lime.
• Pineapple, mango, papaya, orange segments, lime juice or fresh passion fruit.
• Green apple, kiwi, pear, and green grapes tossed with fresh lime juice.
• Strawberries, cherries, raspberries, and pomegranate arils.
• Pink grapefruit segments, blackberries, and avocado.
• Watermelon, cantaloupe, honeydew, and fresh mint.
• Peaches, nectarines, and blackberries tossed with fresh orange juice.
• Mango, tomato, fresh lemon juice, pinch of salt.
• ANY COMBINATION YOU LIKE!
Smoothies

Smoothies are an easy way to provide your body with fresh whole fruits conveniently and quickly. During your Fruit Feast, you may consume two or more smoothies daily depending on your schedule, exercise level and personal taste.

If you like colder smoothies, use frozen fruit or add ice cubes. Chop up your fruits ahead of time and freeze in portions for your convenience. Buying pre-frozen fruit is an excellent option but opt for organic whenever possible. Frozen fruit also thickens the consistency of the smoothie so more liquid may be required when blending. If you’re not a fan of banana, but want a thicker consistency; add in some peeled and chopped raw zucchini... sounds weird but it works!

Coconut water can be a great option to add extra electrolytes and flavour; be aware that it does add a fair amount of sugar. Use it in moderation. Coconut milk, almond milk, soy milk... starting to get into a grey area here. Again, leave them out if you can; add them in very limited quantities if it means staying committed. Go with homemade, or organic with minimal extra ingredients if you decide to add them.

- **Red Berry Banana** – 2 bananas, 1 peeled seedless orange, and ¼ cup (60 mL) each raspberries, strawberries, and cherries. Blend with water or coconut water.
- **Green Fruits Smoothie** – 1 cup green grapes, 1 green apple, cut in chunks, 1-2 peeled kiwis, ⅓ cup (125 mL) chunked zucchini, and 2-4 ice cubes. Blend with water until smooth.
- **Cranberry Orange** – 2 bananas, 1 cup cranberries, 1 peeled seedless orange, juice of 1 tangerine, tangerine zest. Blend with water or coconut water.
- **Banana Blueberry Hemp** – 2 bananas, 1 cup (250 mL) blueberries, ⅓ peeled seedless orange, 1-2 tbsp (15-30 mL) hemp hearts. Blend with water or coconut water.
- **Tropical Fruits** – 1 cup pineapple, 1 cup mango, 1 banana, juice of 1-2 tangerines. Blend with coconut water.
- **Avocado Banana** – 1 banana, 1 ripe avocado, ⅓ peeled seedless orange, 2-4 ice cubes. Blend with water or coconut water.
- **Fuzzy Navel** – 2 ripe peaches, 1 peeled seedless orange, 1 banana, juice of 1 tangerine, tangerine zest. Blend with water or coconut water.
Soups

Simple Miso Soup - serves 1
What you’ll need...
- 2 tbsp (30 mL) light miso paste
- 1-1 ½ cups (250-375 mL) recently boiled water
- 1 green onion, thinly sliced (optional)
- sliced chili, to taste (optional)

What to do...
- Add miso paste into a bowl or mug. Add 1-2 Tbsp (15-30 mL) recently boiled water. Stir well until paste is fully dissolved. Add remaining hot water.
- Serve garnished with slices of green onion, if desired.
- The miso paste tends to settle as it sits, stir often while eating.

Gazpacho - serves 2
What you’ll need...
- 2-3 very ripe tomatoes, chunked
- 1 red pepper, seeded and chopped
- ½ English cucumber, chopped
- 1-2 green onions, optional
- ¼ cup (60 mL) chopped basil or cilantro (optional)
- 1-2 tbsp (15-30 mL) lemon juice
- 1 hot chili pepper, seeded and chopped (optional)
- pinch of salt or 1 tsp (5 mL) miso paste

What to do...
- Blend everything until smooth. Serve room temperature or chilled.
- For more texture, garnish with finely diced tomato, red pepper, cucumber and fresh herbs, if desired.

Warm-ish Spicy “Cream” of Zucchini Soup – serves 2
What you’ll need...
- 2 cups (500 mL) chunked ripe zucchini, about 2 small zucchinis
- 1 cup (250 mL) warm water
- 2 green onions, thinly sliced
- ½ avocado
- 1 tbsp (15 mL) chopped fresh mint
- ¼ tsp (1.25 mL) sea salt
- cayenne pepper, to taste
- ½-1 cup (125-250 mL) recently boiled water

What to do...
- Blend all ingredients, except hot water, until very smooth.
- Stir through hot water, serve immediately.
- Garnish with diced fresh zucchini and chopped mint, if desired.
**Warm-ish “Cream” of Tomato Soup** – serves 2

What you’ll need...
- 3 cups (750 mL) chunked ripe tomatoes, about 3-5 medium sized tomatoes
- 2 green onions (white part only), thinly sliced
- 1-2 sun dried tomatoes*, chopped
- ¼ cup (60 mL) hemp hearts
- ¼ tsp (1.25 mL) sea salt
- ½-1 cup (125-250 mL) recently boiled water

What to do...
- Blend all ingredients, except hot water, until very smooth.
- Stir through hot water, serve immediately.

* Ensure the sundried tomatoes only contain tomatoes and salt, no oil, no preservatives!
  Often these are found in the produce section. If very dry, soak in warm water for 20 minutes before blending.

**Dips**

**Guacamole** – serves 2

What you’ll need...
- 2-3 ripe avocados, chunked
- 1 medium ripe tomato, diced (optional)
- 1-2 green onions (optional)
- 1 lime, juiced
- 1 jalapeno pepper, seeded and minced (optional)
- ¼ tsp (1.25 mL) sea salt

What to do...
- Mash avocados to desired consistency using a fork.
- Stir through remaining ingredients.
- Serve with cherry tomatoes, cucumber rounds or zucchini rounds.

**Fresh Salsa** – serves 2

What you’ll need...
- 2-3 ripe tomatoes
- 1 red pepper
- 1-2 green onions, optional
- 1 jalapeno pepper
- ¼ cup (60 mL) chopped cilantro, optional
- 1-2 tbsp (15-30 mL) lemon juice
- pinch of sea salt & pepper

What to do...
- Finely chop tomatoes, red pepper, green onions and jalapeno.
  OR
(Fresh Salsa recipe continued...)  
- Roughly chop tomatoes, red pepper, green onions and jalapeno. Blitz to desired consistency in food processor.  
- Strain off any excess liquid; *reserve this to drink, it’s a spicy veggie cocktail!*  
- Stir through cilantro, lime juice, salt and pepper to taste.  
- Serve with sweet peppers, and zucchini/cucumber rounds.

**Fresh Mango Hot-Sauce/Dip** – makes about 1 cup (250 mL)  
*What you’ll need...*  
- ¾ cup (180 mL) chunked *very ripe* mango  
- ½ green onion (white part only), finely chopped  
- 1-2 tbsp (15-30 mL) lime juice OR raw apple cider vinegar  
- ½ tsp (1.25 mL) sea salt  
- ½-1 habanero pepper, seeds & white membrane removed  
*OR*  
- cayenne pepper, to taste  
*What to do...*  
- Blend all ingredients together in blender or food processor until smooth. Add water little by little, if necessary, to achieve desired consistency.  
- Season to desired heat level with cayenne pepper. Add more lime juice or cider vinegar to increase acidity.

**Salads**

**Savior Salad** - serves 1  
*What you’ll need...*  
- 1 ripe avocado, diced  
- 2 tbsp (30 mL) fresh lime juice  
- 1 cup (250 mL) ripe grape tomatoes, halved  
- ¼ English cucumber, chunked  
- ¼ cup (60 mL) chopped fresh cilantro (optional)  
- 1 green onion, thinly sliced (optional)  
- pinch of sea salt and pepper  
*What to do...*  
- In a small bowl, mash 2-3 tbsp (30-45 mL) of the diced avocado. Stir in lime juice to make a dressing.  
- Toss dressing with remaining ingredients.
Green Goodness Salad – serves 1

What you’ll need...

- 1 medium zucchini, chopped
- 1 ripe avocado, diced
- 1 green onion, thinly sliced (optional)
- ½ green apple, diced small
- 2 tbsp (30 mL) raw pumpkin seeds
- 1-2 tbsp (15-30 mL) fresh lemon juice
- 1 tbsp (15 mL) chopped fresh mint (optional)
- 1 tsp (5 mL) raw sesame seeds (optional)
- pinch of sea salt and pepper

What to do...
- Toss together all ingredients. Serve immediately.

Lemon Pepper Beans & Peas - serves 2-3

What you’ll need...

- 1 cup (250 mL) sugar snap peas, trimmed & cut into bite-sized pieces
- 1 cup (250 mL) snow peas, trimmed & cut into bite-sized pieces
- 1 cup (250 mL) green/yellow beans, trimmed & cut into bite-sized pieces
- ½ cup (60 mL) sliced or chopped raw almonds
- 1-2 tbsp (15-30 mL) fresh lemon juice, or to taste
- ½-1 tsp (2.5-5 mL) freshly ground black pepper, or to taste
- ½ tsp (2.5 mL) lemon zest
- pinch of sea salt

What to do...
- Can be served cold or warm. To serve as a cold salad; toss everything together in a large bowl and serve immediately.
- Alternately, to a large sauté pan add trimmed and chopped snap peas, snow peas and green/yellow beans. Over medium-low heat, gently warm through. There shouldn’t even be much of a sizzle; just warmer than body temperature.
- Stir through remaining ingredients until everything is well mixed. Serve topped with more chopped or sliced almonds, if desired.
Meals

Zucchini “Noodles” with Warm-ish Raw Marinara Sauce – serves 2

What you’ll need…

**for the “Noodles”…**
- 2-3 medium zucchini, ends trimmed
- pinch salt

**for the Sauce…**
- 2 cups (500 mL) chopped ripe tomatoes, about 2-3 medium tomatoes
- 1 red pepper, seeded and roughly chopped
- 3-5 sundried tomatoes*, roughly chopped
- 1 green onion, sliced (optional)
- 2 tbsp (30 mL) chopped fresh basil (optional)
- 1 tsp (5 mL) chopped oregano (optional)
- ½ tsp (2.5 mL) chopped rosemary (optional)
- ½ tsp (2.5 mL) sea salt
- cayenne pepper, to taste (optional)
- hemp hearts, to garnish (optional)

What to do…

**for the “Noodles”…**
- Using a vegetable peeler, slice zucchini into strips lengthwise. Pile these “ribbons” on top of each other; using a knife, slice into thinner “noodle” lengthwise. If you have a vegetable spiralizer, use that!
- Toss noodles with a pinch of salt in a mesh strainer. Let drain for 10 minutes; save this liquid and drink it!

**for the Sauce…**
- In a food processor or blender, blitz together all ingredients until desired texture is reached. Shorter for a “chunky” sauce, longer for a smoother texture.
- Serve as is, or warm in a saucepan until just warmer than body temperature.

* Ensure the sundried tomatoes only contain tomatoes and salt. no oil, no preservatives! Often these are found in the produce section. If very dry, soak in warm water for 20 minutes before blending.
Sort-of Sautéed Mediterranean “Veggies” – serves 2

What you’ll need...
- 1 medium zucchini, cut into chunks
- 1 yellow pepper, cut into chunks
- 1 cup (250 mL) green beans, cut into pieces
- 2-3 green onions, sliced
- 1 cup (250 mL) small tomatoes, cut in half
- 1 tsp (5 mL) chopped thyme (optional)
- ½ tsp (2.5 mL) chopped rosemary (optional)
- ½ tsp (2.5 mL) sea salt
- cayenne pepper, to taste (optional)
- chopped parsley, to garnish (optional)

What to do...
- Toss together all ingredients in a large sauté pan.
- Over medium-low heat, gently warm through. There shouldn’t even be much of a sizzle; just warmer than body temperature.
- Serve immediately topped with chopped fresh parsley, if desired.

Desserts

Banana “Soft Serve” – serves 2-3

What you’ll need...
- 4-6 ripe bananas, peeled, thinly sliced and frozen
- 2-3 Tbsp (30-45 mL) orange juice or coconut water (optional)
- vanilla bean powder (optional)
- food processor or high-speed blender

What to do...
- Chill serving bowls!
- Place frozen bananas, and vanilla if using, into food processor. If frozen very solid, thaw for 5-10 minutes.
- Be patient and blitz until a smooth “soft serve” forms, adding liquid as needed to achieve desired consistency. Don’t add too much, just be patient. 😊
- Transfer to chilled bowls and serve immediately or freeze further to firm it up.
- Serve topped with fresh/frozen berries, chopped fruit, cacao nibs, hemp hearts, chopped almonds...

Alternately...
- Place frozen bananas into high-speed blender. Process using the plunger until smooth “soft serve” forms. This happens quickly and shouldn’t require adding any liquid.

*This process also works with partially-thawed frozen mango chunks, strawberries, pineapple… anything you want for instant sorbet!
**Berry Cherry Sundae Sauce**

*What you’ll need...*
- ½ cup (125 mL) strawberries, fresh or thawed frozen
- ½ cup (125 mL) pitted dark cherries, fresh or thawed frozen
- 1-2 tbsp (15-30 mL) orange juice
- pinch vanilla bean powder (optional)
- tiny pinch of sea salt

*What to do...*
- Blend all ingredients until very smooth.

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**Basic Baked Apples** – serves 2

*What you’ll need...*
- 1 sweet apple
- ¼ cup (60 mL) raisins or currants, soaked in hot water
- ¼ cup (60 mL) chopped walnuts
- cinnamon, to taste

*What to do...*
- Preheat oven to 350F. Line a small baking tray with parchment paper.
- Cut apple in half from top to bottom. Use a small spoon or melon baller to scoop out the core. Transfer apple halves to prepared baking tray; if they won’t sit flat with the cut side up, trim off a small slice to create a flat surface.
- Drain soaked raisins or currants. In a small bowl, toss together soaked raisins/currants, chopped walnuts and cinnamon. Evenly divide mixture between two apple halves. Loosely cover with foil or parchment paper. Bake for 30-45 minutes or until apple is tender. Uncover for the last 5-10 minutes of baking to brown the top.

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**Quick and Easy Snack Ideas...**

- Crunchy dippers – slice up several zucchinis, cucumbers and assorted sweet peppers to have on hand. Perfect when you want a quick crunchy snack!
- Sugar snap peas – buy the prewashed, stingless ones to cut out all the work!
- Wash all your fruit after shopping so it’s that much easier when you want to eat it.
- Drizzle half an avocado with lime juice, sprinkle over salt and cayenne to taste.
- Frozen grapes; wash then toss in the freezer; eat in moderation, addictive!
- Berries and mini tomatoes are prefect snacks for on the go; zero prep required.
- Bananas come in their own wrapper and will keep you full for a while. Due to their caloric density, limit consumption to 4-6 per day during your Fruit Feast.
- Emergency sugar craving fix... To be used only in emergency situations and under supervision. Remove the pit from a soft Medjool date, press in 3 raw almonds and/or a couple pieces of raw coconut, close the date back up and enjoy! Highly addictive! One or two is more than enough, don’t go crazy. You absolutely do not “need” this, leave it out to get the most from your Fruit Feast. If you are about to eat a snickers bar and this saves the day, SUCCESS!
Sample 3-Day Meal Plans

**Super Simple**
Prepare 5 simple recipes in bulk on day one and alternate them over the 3 days...

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>- hot lemon water</td>
<td>- hot lemon water</td>
<td>- hot lemon water</td>
</tr>
<tr>
<td></td>
<td>- any smoothie</td>
<td>- any smoothie</td>
<td>- any smoothie</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>- fruit salad #1</td>
<td>- fruit salad #2</td>
<td>- fruit salad #1</td>
</tr>
<tr>
<td></td>
<td>- raw nuts or seeds</td>
<td>- raw nuts or seeds</td>
<td>- raw nuts or seeds</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>- Green Goodness Salad</td>
<td>- Warm-ish “Cream” of Tomato Soup</td>
<td>- Green Goodness Salad</td>
</tr>
<tr>
<td></td>
<td>- whole fruit</td>
<td>- whole fruit</td>
<td>- whole fruit</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>- Guacamole with Crunchy Dippers</td>
<td>- Guacamole with Crunchy Dippers</td>
<td>- Guacamole with Crunchy Dippers</td>
</tr>
<tr>
<td></td>
<td>- any smoothie</td>
<td>- any smoothie</td>
<td>- any smoothie</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>- Warm-ish “Cream” of Tomato Soup</td>
<td>- Green Goodness Salad</td>
<td>- Warm-ish “Cream” of Tomato Soup</td>
</tr>
<tr>
<td></td>
<td>- whole fruit</td>
<td>- whole fruit</td>
<td>- whole fruit</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>- fruit salad #2</td>
<td>- fruit salad #1</td>
<td>- fruit salad #2</td>
</tr>
<tr>
<td></td>
<td>- hot lemon water</td>
<td>- hot lemon water</td>
<td>- hot lemon water</td>
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<tr>
<td></td>
<td>- hot lemon water</td>
<td>- hot lemon water</td>
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</tbody>
</table>
**Lots of Variety (more prep work..)**
If you like to cook and want more variety; try preparing more options.

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<td>- hot lemon water</td>
<td>- hot lemon water</td>
<td>- hot lemon water</td>
</tr>
<tr>
<td></td>
<td>- Blueberry Banana Hemp Smoothie</td>
<td>- Simple Miso Soup</td>
<td>- Green Fruits Smoothie</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>- Simple Miso Soup</td>
<td>- hot lemon water</td>
<td>- ½ avocado with lime and cayenne</td>
</tr>
<tr>
<td></td>
<td>- 1-2 whole fruit</td>
<td>- fruit salad</td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>- Green Goodness Salad</td>
<td>- Saviour Salad</td>
<td>Warm-ish Spicy “Cream” of Zucchini Soup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- fresh berries</td>
<td>- fruit salad</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>- fruit salad</td>
<td>- Guacamole &amp; Zucchini rounds</td>
<td>- ½ avocado with lime and cayenne</td>
</tr>
<tr>
<td></td>
<td>- raw almonds</td>
<td>- hot lemon water</td>
<td>- hot lemon water</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>- Warm-ish “Cream” of Tomato Soup</td>
<td>- Zucchini “Noodles”</td>
<td>Sort-of Sautéed Mediterranean “Veggies”</td>
</tr>
<tr>
<td></td>
<td>- 1 whole fruit</td>
<td>- with Warm-ish Raw Marinara Sauce</td>
<td></td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>- Guacamole &amp; Zucchini Rounds</td>
<td>- diced melon</td>
<td>Banana “Soft-Serve” topped with fresh berries</td>
</tr>
<tr>
<td></td>
<td>- hot lemon water</td>
<td>- hot lemon water</td>
<td>- hot lemon water</td>
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**NO Avocado!**  
("Designed for those that don’t like avocados..."

<table>
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<th>Day 3</th>
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</thead>
</table>
| **Breakfast** | - hot lemon water  
               | - Simple Miso Soup  
               | - hot lemon water  
               | - hot lemon water  
               | - hot lemon water  
               |
|       | - 1-2 whole fruit  
               | - Red-Berry Miso Soup  
               | - Assorted citrus salad  
               | - Assorted citrus salad  
               | - Assorted citrus salad  
               |
| **Snack** | - fruit salad  
               | - raw almonds  
               | - fruit salad  
               | - fruit salad  
               | - fruit salad  
               |
|       | - raw pumpkin seeds  
               | - 1-2 whole fruit  
               | - raw pumpkin seeds  
               | - raw pumpkin seeds  
               | - raw pumpkin seeds  
               |
| **Lunch** | - Green Goodness Salad (omit avocado)  
               | - Warm-ish “Cream” of Tomato Soup  
               | - Simple Miso Soup with Zucchini “Noodles”  
               | - Simple Miso Soup with Zucchini “Noodles”  
               | - Simple Miso Soup with Zucchini “Noodles”  
               |
| **Snack** | - Fresh Mango Hot Sauce with Crunchy Dippers  
               | - Fresh Salsa with Crunchy Dippers  
               | - Fresh Salsa with Crunchy Dippers  
               | - Fresh Salsa with Crunchy Dippers  
               | - Fresh Salsa with Crunchy Dippers  
               |
|       | - 1 whole fruit  
               | - fruit salad  
               | - fruit salad  
               | - fruit salad  
               | - fruit salad  
               |
|       | - raw pumpkin seeds  
               | - raw pumpkin seeds  
               | - raw pumpkin seeds  
               | - raw pumpkin seeds  
               | - raw pumpkin seeds  
               |
| **Dinner** | - Gazpacho  
               | - Zucchini “Noodles” with Warm-ish Raw Marinara Sauce  
               | - Sort-of Sautéed Mediterranean “Veggies”  
               | - Sort-of Sautéed Mediterranean “Veggies”  
               | - Sort-of Sautéed Mediterranean “Veggies”  
               |
|       | - fruit salad  
               | - Warm-ish “Cream” of Tomato Soup  
               | - Warm-ish “Cream” of Tomato Soup  
               | - Warm-ish “Cream” of Tomato Soup  
               | - Warm-ish “Cream” of Tomato Soup  
               |
| **Snack** | - fruit salad  
               | - Banana “Soft-Serve” topped with pomegranate arils  
               | - fruit salad  
               | - fruit salad  
               | - fruit salad  
               |
|       | - hot lemon water  
               | - hot lemon water  
               | - hot lemon water  
               | - hot lemon water  
               | - hot lemon water  
               |
**NO Tomato!**

*Designed for those that don’t like tomatoes...*

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<td>- any smoothie</td>
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<td>- any smoothie</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>- fruit salad</td>
<td>- 1-2 whole fruit</td>
<td>- fruit salad</td>
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<tr>
<td></td>
<td>- raw nuts or seeds</td>
<td>- raw nuts or seeds</td>
<td>- raw nuts or seeds</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>- Green Goodness Salad</td>
<td>- Warm-ish Spicy “Cream” of Zucchini Soup</td>
<td>- Simple Miso Soup with Zucchini “Noodles”</td>
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<tr>
<td></td>
<td>- whole fruit</td>
<td>- whole fruit</td>
<td>- whole fruit</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>- Guacamole with Crunchy Dippers</td>
<td>- Fresh Mango Hot Sauce with Crunchy Dippers</td>
<td>- Guacamole with Crunchy Dippers</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>- Warm-ish Spicy “Cream” of Zucchini Soup</td>
<td>- Sort-of Sautéed Mediterranean “Veggies” (omit tomatoes)</td>
<td>- Warm-ish Spicy “Cream” of Zucchini Soup</td>
</tr>
<tr>
<td></td>
<td>- 1 whole fruit</td>
<td>- whole fruit</td>
<td>- Fresh Mango Hot Sauce with Crunchy Dippers</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>- Banana “Soft-Serve” with fresh berries</td>
<td>- fruit salad</td>
<td>- Banana “Soft-Serve” with fresh berries</td>
</tr>
<tr>
<td></td>
<td>- hot lemon water</td>
<td>- hot lemon water</td>
<td>- hot lemon water</td>
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**CREATE YOUR OWN!**
*Fill in with some of the recipes above or get creative and come up with some of your own!*

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